

A Cornerstone of Health

Why Now, More Than Ever, You Need a Massage

While you may be tempted to trim your wellness budget when economic times are tough, now more than ever, massage should play a role in reducing stress and strengthening the health of Americans.

When you feel your best, you are more likely to be able to face the challenges difficult times present. With greater health and peace of mind, you can face difficulties with poise, clarity of purpose, and strengthened emotional reserves.

Truly, massage is more than a luxury--it's a vital part of self-care that has a positive ripple effect on us as we work, play, relax, live life, and care for others.

reducing the risk of stress-related illnesses, massage also boosts immunity, helping you fight colds, flu, and other viral infections.

Following is a sampling of a long list of bodywork benefits:

- Ease anxiety.
- Reduce the flow of stress hormones.
- Improve sleep.
- Boost the immune system.
- Build energy levels.
- Reduce fatigue.
- Foster concentration.
- Increase circulation.
- Develop self-esteem.
- Reduce frequency of headaches.
- Release endorphins.



Massage induces a sense of grounding and calm, helping you face challenges with ease.

Invest In Yourself, Invest in Those You Love

In economically challenging times, it is vital to invest in preventative health care. The last thing you want is to get sick, have to take time off of work, and pay expensive medical bills. Staying healthy means maintaining your ability to take whatever life has to throw at you. Besides lowering stress levels and, in turn,

And if you think about it, massage is an excellent value. The price of massage has remained stable in recent years, as the cost of movies, dining out, and sports events has risen. Which of these has the power to improve your health and your outlook on life?

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It is never too late to be what you might have been.

- George Elliot

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The positive effects of regular massage can have far-reaching effects in many areas of your life.

At Home

Massage therapy will also help families under stress create healthier households with clear-thinking and more relaxed moms and dads. Children are very sensitive and often pick up on tension in a household; parents who are taking care of themselves are more likely to be better caregivers and provide a sense of security to their kids. This goes for caregivers of aging parents and other family members.

At Work

The health benefits of massage can help forestall illnesses and lost work time, especially when you may be asked to produce more with fewer resources. Decision-making skills will be better and your performance is likely to be improved with a clear focus and more energy.

A hint for the boss: Research shows employees exhibit less stress and improved performance when given twice-weekly, 15-minute massages in the office!

For Health Conditions

Those with already existing health conditions can continue to reap benefits in the following ways. And proactively caring for health through massage may help reduce costly doctor visits and use of prescription and over-the-counter medications.

Research shows:

- Massage can reduce sports-related soreness and improve circulation--good to know when you may be exercising more to reduce stress.

- Deep-tissue massage is effective in treating back pain, arthritis, osteoarthritis and fibromyalgia. Fibromyalgia patients receiving massage also have less pain, depression, anxiety, stiffness, fatigue, and sleep problems.

- Massage reduces symptoms of carpal tunnel syndrome.

- Oncology patients show less pain, fatigue, nausea, anxiety and depression following massage therapy.

- Stroke patients show less anxiety and lower blood pressure with massage therapy.

- Massage therapy is effective in reducing postsurgical pain.

- Alzheimer's patients exhibit reduced pacing, irritability and restlessness after neck and shoulder massage.

- Labor pain. Massage during labor appears to reduce stress and anxiety, relax muscles and help block pain. Some medical professionals believe massage also reduces tearing, shortens labor, reduces the need for medication and shortens hospital stays.

- Preterm babies receiving massage therapy gain more weight and have shorter hospital stays than infants not receiving massage.

- Massage is beneficial in reducing symptoms associated with arthritis, asthma, high blood pressure, and premenstrual syndrome.

There is now a body of research to support the benefits listed above. But there's no greater testimonial than the person who is a regular receiver of massage. The first-hand experience of bodywork clients largely echo the same sentiment: bodywork enhances quality of life, and the return on your investment is great.

While bodywork feels like a luxurious mini-vacation, and you should by all means enjoy it, there is an actual physical need for massage. Maintaining a regular massage schedule will help you operate at your peak level--whether it be at work, at home, or at play. Invest in yourself, and book a massage today.



Massage is one of the few things that provide so much pleasure while improving your health.

Nature's Nutritional Wonder

Cruciferous Vegetables

Cruciferous vegetables are powerful foods that can help prevent many forms of cancer, reduce existing cancer tumors, and aid in the prevention of heart disease. Broccoli, cabbage, cauliflower, arugula, kale, and Brussels sprouts all contain isothiocyanates--a group of chemicals that break down carcinogens in the body, helping to metabolize toxins. Studies show that people who eat two to three servings of cruciferous vegetables each week lower their risk of breast cancer, colon cancer, and lung cancer. A National Cancer Institute study found that eating three helpings of crucifers a week dropped prostate cancer risk by 50 percent. The powerful chemicals in these veggies also reduce homocysteine levels, a known precursor to heart disease.

Cruciferous vegetables are low in calories and high in fiber and the chromium found in these foods helps regulate blood sugar and insulin function, key factors in keeping diabetes at bay. Even with all the benefits that crucifers provide, many people refuse to

eat them because of their strong taste. But a little creativity can go a long way in making these wonderful foods palatable: try cream of broccoli soup, cauliflower au gratin, stuffed cabbage, or the recipe below--the possibilities are endless.

Brussels Sprouts For the Meat-and-Potatoes Eater

1 pound fresh Brussels sprouts, washed, stems trimmed, and outer leaves removed
1 tablespoon extra virgin olive oil
2 tablespoons unsalted butter
3 tablespoons cider vinegar
1/4 cup grated Parmesan cheese
Salt and pepper, to taste

Thinly slice Brussels sprouts, either in a food processor fitted with a slicing blade, or by hand. Heat a heavy, nonstick skillet. Add olive oil and butter, swirling the pan so that the butter melts. Saute sliced Brussels sprouts for 5 minutes. Add cider vinegar and grated Parmesan, stirring briefly to incorporate. Add salt and freshly ground black pepper to taste. Serves four--who will all be healthier for it!



Cruciferous veggies help ward off disease.

Easing Holiday Angst

Five Stress Busters for a Joyous Season

You enter the holiday season with the best of intentions -- looking forward to time spent with family and friends, decorating, shopping, baking. But as soon as you pile holiday activities on top of an already busy life, you're likely to find yourself relating more to Ebenezer Scrooge than Martha Stewart.

Consider these five suggestions to keep holiday stress at bay:

1. Determine a Shopping Budget

For many, gift giving is an important part of the holidays, serving as a way to express love and appreciation for friends and family. But when the credit card bills arrive in January, you may discover you've extended your holiday stress well into the New Year. Plan your budget in

advance, determine what you can spend, and stick to the plan.

2. Create a Time Budget

Many will make a shopping budget, but what about making a time budget? Before accepting every invitation this year, decide ahead how many parties you can and want to attend while maintaining your sanity. Make choices about your time commitments based on what you'd really like to do this year, rather than what you think you should do or what you've always done. Don't forget to leave time for yourself.

3. Set Food-Intake Boundaries

You'll likely be tempted to eat in excess, and don't be too hard on yourself if you don't stick to your pre-holiday eating

standards. But do decide ahead of time just how much you'll deviate from your eating routine.

4. Stick to Your Exercise Regimen

Regular exercise is a powerful stress buster. You'll feel better, sleep better, avoid weight gain, boost your immune system, and maintain a positive outlook about yourself. While it may seem like an easy time concession to make, don't give in to the idea. Stick to exercise, and you'll thank yourself for it.

5. Take Time to Rest

Take time from your schedule to honor the cycles of the season. The holidays fall during winter solstice -- the shortest day of the year. Learn from nature, and get plenty of rest.

*Whatever words
we utter should
be chosen with
care, for people
will hear them
and be
influenced by
them, for good
or ill.*

-Buddha

I just want to thank everyone who made this year a fabulous one for me and for my new company, Being Balanced. I have enjoyed working with all of you and hope to continue in the new year.

It has been a blessing to be at Stillwaters and to be a part of a team that works together to assist clients to a healthier lifestyle.

For those who have not joined us yet, we look forward to working with you and to be a part of your new journey to wellness.

Happy Holidays to all and the best for the New Year!

Be Balanced,

Lizzie

Being Balanced at Stillwaters Retreat

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